

Clinical Abstract

Prophylactic Use of Bone Cements with Antibiotics in Primary Arthroplasty

The development of antibiotic bone cements goes back to Buchholz and Engelbrecht, who were the first to report on the possibility of adding antibiotics to bone cement in 1970 (1). The use of polymethyl methacrylate bone cements containing antibiotics as part of a local release system is well established as an effective method for prophylaxis of infections in the bone. The use of antibiotic bone cements in primary arthroplasty has spread globally.

Infection after a joint replacement is a serious and feared complication in orthopaedics. It causes discomfort, severely limits patient mobility and generally requires further surgical intervention. The infection rate after the first implantation of hip or knee arthroplasty is currently indicated at 1.2-4% (2, 3), whereby infections after a knee arthroplasty has been implanted are more frequent than following implantation of a hip arthroplasty (4).

Risk factors that may cause a postoperative infection following a joint replacement include (5):

- Presence of an inflammatory joint disease, e.g. rheumatoid arthritis
- Immunosuppression caused by diseases like diabetes mellitus, drugs or irradiation
- Earlier infection of a joint
- Malnutrition
- Haemophilia
- Being overweight

as aseptic (7). A not insignificant argument for this is the reduction in rates of aseptic loosening with combined local and systemic antibiotics (8).

Antibiotic Bone Cement as the Local Drug Vehicle

Every implanted biomaterial is susceptible to bacterial colonisation on the surface; bacteria can elude the body's natural defences and spread (9). Local use of antibiotics can prevent the formation of a bacterial biofilm and a subsequent haematogenous infection (10). Antibiotic bone cements offer short to medium-term protection from periprosthetic infections (11). They are a local drug vehicle in which the bone cement acts as a carrier matrix. Antibiotic bone cements are superior to a systemic antibiotic prophylaxis due to higher local active material concentrations (12). Especially in those parts of the bones and joints that are difficult to access, local application offers advantages over systemic application (13). This reduces the risk of infection-related revision (10). Bone cements with a lower antibiotic content are used for infection prophylaxis in primary arthroplasty and revision surgery. A combination of local and systemic antibiotic application has become the standard here (8, 10, 14, 15).



Picture 1. Schematic representation of a cemented hip endoprosthesis

The risk of infection for hip and knee implants is decidedly higher in revision surgery than primary interventions. Antibiotic bone cements are used for infection prophylaxis in both revision surgery and primary arthroplasty. Along with improved surgical techniques, optimised perioperative preparation and hygiene as well as systemic antibiotics, they are a fundamental component for reducing infection rates (5). The reduced infection rate under local antibiotic prophylaxis in primary arthroplasty can be explained by direct prevention of biofilm formation of bacteria on the implant (6). Aseptic prosthetic loosening is the most common reason for a revision, but chronic infections regarded as low-grade or minimal are increasingly being recognised as a cause of loosening diagnosed

The vulnerable 6-hour phase immediately following insertion of a prosthesis is important for preventing bacterial colonisation and thus crucial for the implant's long-term success (16). A high initial release rate of the antibiotic from the bone cement is therefore desirable.

Properties of Bone Cement and Antibiotic

The release kinetics of the antibiotic from the cement are critical for effectiveness. The maximum release occurs in the first 10 hours after the cemented prosthesis has been implanted, with approximately 30% elution of the antibiotic (17). How well the antibiotic is released depends on both the antibiotic itself and the wettability, permeability and roughness of the bone cement (18). The release of surface effects play an important role here, especially in the first phase (6) (Tab. 1). When the release starts, the local antibiotic concentrations are 10-100 times greater than the values that can be achieved systemically (19).

Among other things, the mechanical properties of the set bone cement depend on the antibiotics added, the mixture and the

homogeneity achieved by the cement as a result. Adding antibiotics in liquid form severely impairs the mechanical properties compared with an antibiotic in powder form, therefore it is not used. Adding antibiotic powder in a low concentration (up to 2g per 40g of cement) does not have a clinically relevant effect on the cement's mechanical properties and does not involve an increased prosthetic loosening rate. On the other hand, adding more than 10% antibiotic to bone cement decreases the mechanical properties (20). Bone cements with high antibiotic concentrations are therefore used specifically as temporary local drug vehicles, e.g. as spacers for treating an infection during a two-stage revision (22, 23). There are no clinical indications of systemic toxicity for antibiotic bone cement (24).

Industrially manufactured antibiotic bone cements are characterised by controlled high quality with unchanging material and processing properties. In these bone cements, the addition of antibiotics is highly standardised, which guarantees both good mechanical properties and high antibiotic release (18, 20). It must be ensured that

the release rates from one and the same antibiotic differ for bone cements by different manufacturers because of the varying composition and manufacture (13).

The ideal properties of an antibiotic for local infection prophylaxis are listed in Table 1. The most important of these are good water solubility, broad antibacterial spectrum efficacy and a bactericidal effect even at a low concentration. The antibiotic should be released quickly and in a high concentration and guarantee high local levels of efficacy. Moreover, the released dosage should be greater than the minimum inhibitory concentration and minimum bactericidal concentration of the particular pathogen (20).

Common Antibiotics for Bone Cements

Out of all available antibiotics, the aminoglycoside gentamicin has proved to be the best. Its effect has been evidenced in numerous studies (11, 25, 26). Furthermore, gentamicin performs well in view of the frequency of primary resistance. According to data from the study by the Working Group of Sensitivity Tests & Resistance at the Paul Ehrlich Society in 2004, the frequency of resistance for erythromycin and clindamycin is insignificant, but in tobramycin and especially gentamicin it has been in sharp decline since 2001 (27), even though use of these antibiotics is widespread.

Due to the use of antibiotic bone cement, which has become standard practice in many German hospitals and clinics, a clear reduction of the infection rate has been observed. Gentamicin has a wide antibacterial spectrum, which for bone infections includes particularly important *Staphylococcus aureus* strains and problematic gram-negative bacteria (28). Even bacteria classified as moderate or insensitive after standard antibiograms are still detected in many cases due to the high local active substance concentration (29, 30). Clindamycin, which is one of the lincosamides, is a sensible addition in revision

Bone Cement	Antibiotic
<ul style="list-style-type: none"> ■ Good release of the antibiotic from the bone cement, depending on hydrophilia, permeability and roughness of the cement. ■ The addition of antibiotics has the smallest possible influence on mechanical stability. ■ Homogeneous mixture of cement due to the even distribution of crystalline antibiotic in polymer powder. 	<ul style="list-style-type: none"> ■ Good water solubility and high initial release rate ■ Broad antibacterial spectrum efficacy ■ Bactericidal effect in a low concentration ■ Few primary clinically relevant resistant bacteria ■ Low protein binding ■ Low allergenic potential ■ Low effect on the bone cement's stability ■ Thermal stability ■ No chemical reaction with the bone cement's components

Tab. 1. Physical, chemical and bacteriological requirements for the bone cement and antibiotic (18, 20, 21).

surgery, as it shows synergetic effects when combined with gentamicin, especially with staphylococci, and thus increases the antibacterial effect. As a reserve antibiotic, the glycopeptide antibiotic vancomycin is one therapy option for known bacterial resistance, especially in methicillin-resistant *Staphylococcus aureus* strains (31, 32).

Significant Reduction of Infection Rates

Antibiotic bone cements have been successfully used for decades in Europe, especially Scandinavia and central Europe, in the implantation of hip and knee arthroplasties. Clinical studies show a clear reduction of infection rates when antibiotic bone cements are used. The Scandinavian arthroplasty registers currently provide the most reliable and up-to-date data. They prove the advantage of antibiotic bone cements as part of primary arthroplasty for infection prophylaxis (8, 10, 14). The increasing use of antibiotic bone cements in primary arthroplasty has proved to result in a reduction of infection and revision rates and is associated with prostheses lasting longer (8, 10, 14, 15).

A major meta-analysis by Parvizi et al., which included 19 studies of 36,033 hip revisions in 35,659 patients, showed an approximate 50% reduction of infection rates in primary hip arthroplasty when

antibiotic bone cements were used (33) (Fig. 1). The rate of deep infections was significantly reduced from 2.3% to 1.2% ($p = 0.001$). However, the authors also made it clear that there is still a major lack of randomised, controlled and prospective studies.

The most effective method of infection prophylaxis proved to be a combination of local and systemic antibiotics on the day of surgery. This approach led to the implants lasting longer as a result of protection from aseptic prosthetic loosening (8, 10, 14) (Fig. 2).

Lower Infection Rates in Knee Arthroplasty

There is also data documenting the use of antibiotic bone cement in primary knee arthroplasty. Particularly in northern European countries like Scandinavia, Great Britain and Germany, the use of antibiotic bone cement has increasingly become a clinical standard (34). An evaluation of data from the Norwegian Knee Arthroplasty Register between 1994 and 2000 showed that 87% of 7174 registered primary knee arthroplasties were cemented. 93% of cemented prostheses were in turn anchored with bone cement containing antibiotics, especially gentamicin (35). According to data from the regional arthroplasty register

in northwest England, 97.7% of surgeons used bone cement to anchor primary total knee arthroplasties, while 93.7% used antibiotic cement (36). Data from the Finnish and Australian knee arthroplasty registers prove a reduction of the infection or revision risk when antibiotic bone cement was used (37, 38). In a prospective randomised study, Chiu et al. compared the use of bone cement with and without antibiotics in the implantation of 340 new knee arthroplasties (39). While 3.1% of patients operated on without antibiotic bone cement developed an infection, there was not one single case of an infection in patients operated on with antibiotic bone cement ($p = 0.0238$).

Although the European data clearly proves the efficacy of antibiotic bone cements in primary arthroplasty, these cements are currently only allowed for two-stage revision surgery in the USA. But cements containing antibiotics are also being increasingly used there for primary arthroplasty (40, 41), especially in risk patients with, for example, immunosuppression, inflammatory joint diseases or who are overweight (26).

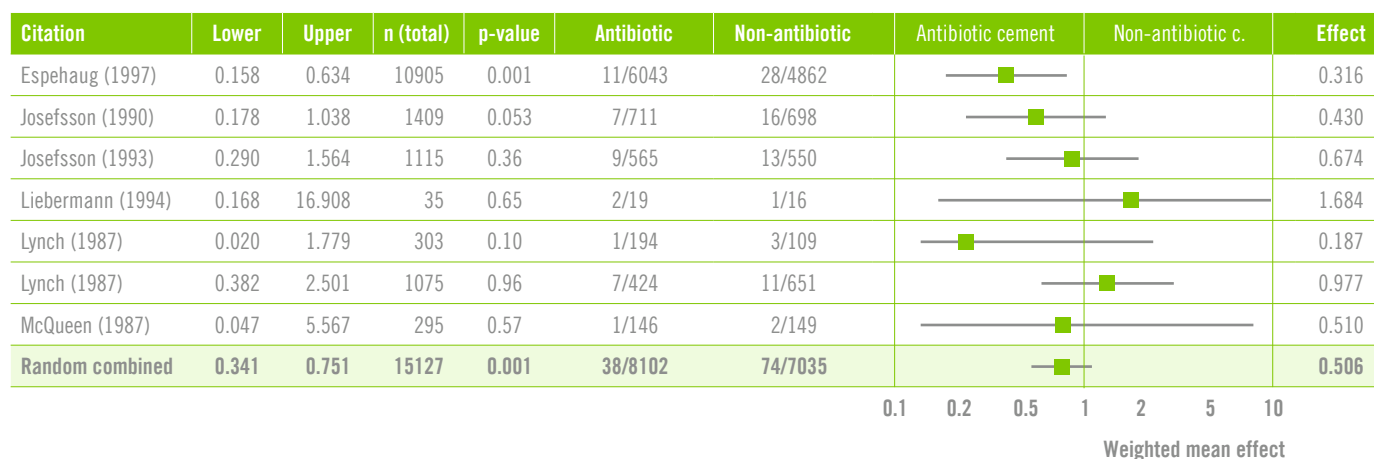


Fig. 1. Average reduction of infection risk as a result of antibiotic bone cement (with 95% confidence intervals) for primary hip arthroplasty. A value of <1 shows increasing efficacy with antibiotics, while a value of >1 indicates greater efficacy of bone cement without antibiotics (modified in accordance with (33)).

Potential Cost Reduction

Revision operations are associated with considerable costs. Various factors contribute to the high costs. These include the need for additional operations with multi-stage interventions or longer surgery times due to the often difficult local situation. Further costs often arise after the revision due to protracted rehabilitation measures, care dependency, chronic pain, but also the inability to work for a long period of time.

Local and systemic antibiotic therapy also contributes to lowering costs in primary interventions (42). Based on the approximately 50% lower infection rate (32) due to the use of bone cements containing antibiotics according to Parvizi et al. (32), the number of costly revisions and associated rehabilitation measures plus lingering prevention is reduced.

A study from the USA showed that the use of antibiotic bone cement in primary hip arthroplasty can lower the overall cost of the procedure, if both infection and aseptic loosening are regarded as a cause of the revision (43). The use of antibiotic bone cement initially involves additional costs, but

this is counterbalanced by the reduction of infection-related complications and costs; this ultimately leads to clear savings (26, 44).

Resistance Created by Antibiotic Bone Cements?

As is the case for any treatment with antibiotics, the use of bone cement with added antibiotics may create resistance and selection of already resistant bacteria (25, 26). Sustained and repeated selection pressure with high bacterial density and a concurrent low antibiotic concentration in biofilms promotes the development of resistance (45, 46). However, there is no evidence of a connection between bacterial resistances and the routine application of antibiotic bone cement for infection prophylaxis in primary arthroplasty (47). An argument against the clinical relevance of potential development of resistance by antibiotic bone cements is the rate of infections with methicillin-resistant *Staphylococcus aureus* (MRSA) in Sweden (SENTRY Antimicrobial Surveillance Program), which is the lowest in Europe, even though antibiotic bone cements have been used there for decades (48). In Germany, especially the frequency of gentamicin-resistant bacteria,

but also clindamycin-resistant bacteria, decreased from 2001–2004 despite the widespread clinical use of these antibiotics (27).

Unlike primary arthroplasty, the development of bacterial resistances plays an important role in revision surgery of infected implants (49, 50). Bone cements with combined antibiotics added like gentamicin and clindamycin (51) offer extra safety with their synergetic bactericidal efficacy. The wide bacterial spectrum with sensitivity to most pathogens detected in the course of periprosthetic infections and the much longer release of gentamicin from the bone cement with more effective inhibition of the bacterial biofilm are regarded as key advantages of a combination of these antibiotics (19). Moreover, the dual active antimicrobial principle contributes to reducing the development of resistances to gentamicin (52).

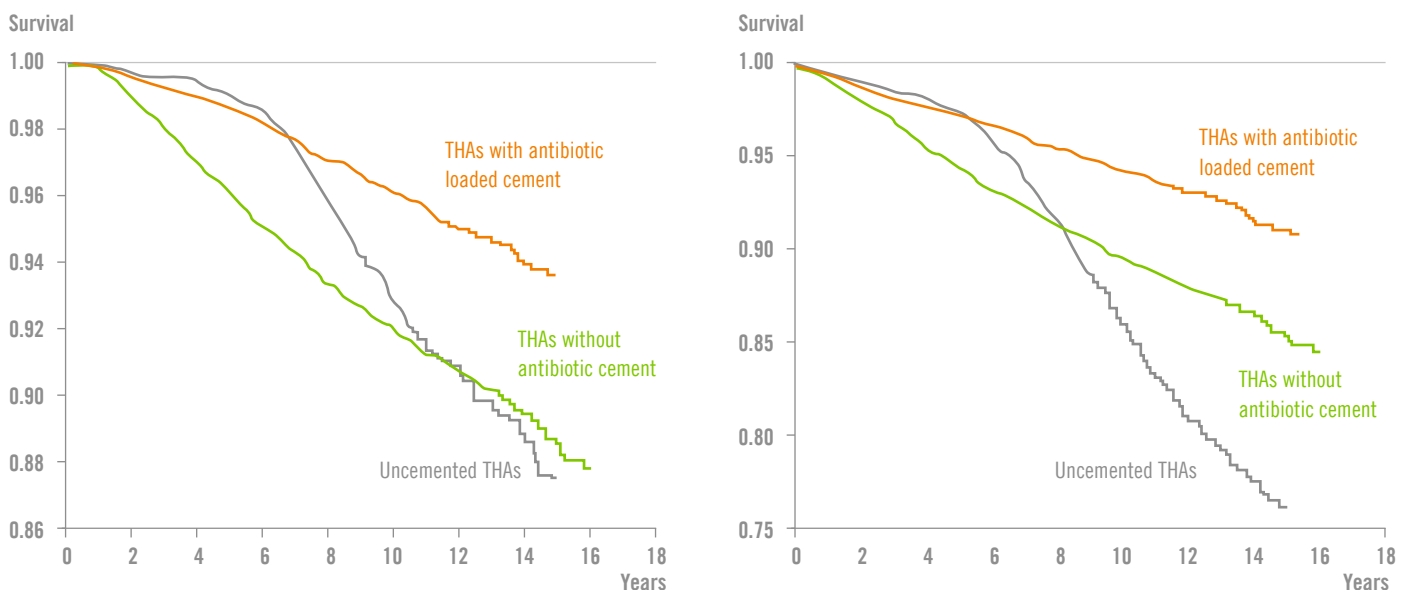


Fig. 2. The lowest rates of aseptic loosening (left) and revision of each cause (right) after primary hip joint replacement occur in patients for whom antibiotic-loaded bone cements were used; data from the Norwegian Arthroplasty Register of 2006 (n = 56,275) (8).

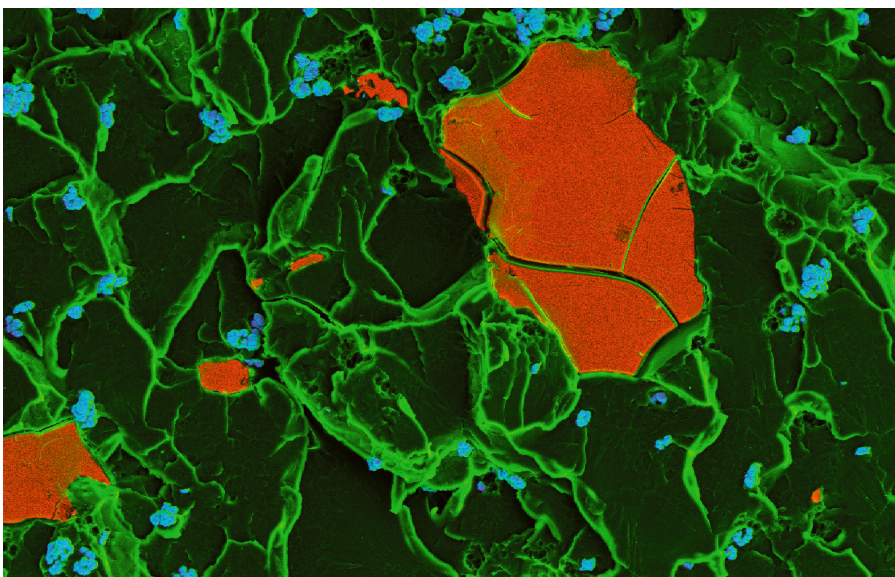
Conclusion

The use of bone cements containing antibiotics contributes to the reduction of periprosthetic infections in both primary arthroplasty and revision surgery. Moreover, a clear reduction of infection rates and longer endurance of prostheses could be proven in primary arthroplasty. Due to the avoidance of revision interventions, infection prophylaxis involves a cost saving and does not affect a patient's quality of life as much.

Adding low antibiotic concentrations does not adversely affect the mechanical properties of bone cements, and there are no clinical indications of toxic effects.

The use of antibiotic bone cements for infection prophylaxis in primary arthroplasty is also increasing internationally, due to the following factors:

- Industrially manufactured antibiotic bone cements are available that guarantee high quality with constant material and processing properties
 - There is no evidence for the appearance of bacterial resistances based on routine application of antibiotic bone cements.
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- Antibiotic bone cements significantly reduce rates of infection
 - The added antibiotics show broad spectrum efficacy with low primary resistance and do not affect the mechanical properties of bone cement in the course of infection prophylaxis



Picture 2. PALACOS SEM picture[®] R+G SEM image PALACOS[®] R+G

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